

March-April 2022 **NEWSLETTER**

INFORMATIONAL PRESENTATIONS & **WORKSHOPS**

Diabetes 101

Wednesday March 2nd 11:00am

Diabetes is a group of diseases characterized by high blood glucose levels. Diabetes can pose challenges to individuals as it requires careful monitoring and lifestyle changes. During this presentation, we will discuss symptoms and possible complications associated with diabetes as well as how to support yourself or a loved one who has the disease. Presented by Caitlin Cawley, Home Instead Care Consultant. Please sign-up at the front desk.

Posture Training with CPTA

Monday & Friday at 1:00pm

Good posture is more important to our health than we realize. Through exercise and stretching, we help people improve posture, which improves balance, muscle and joint pain, organ function, and makes you look better. Instructed by Fred Daniels, Exercise Specialist at Center for Physical Therapy and Exercise. Class meets twice-a-week Monday, and Friday at 1:00 PM (30 minutes) for 6 weeks, beginning March 14th. Pre-registration is required as space is limited.

Reiki

Thursday March 3rd & April 7th 1:15pm

30-minute group Reiki session, \$5 per person. Session will be led by LeeAnn, our yoga instructor and Level 2 Reiki Practitioner. Reiki is Energy healing using gentle hand techniques with gentle touch or no touch if preferred, these movements guide the flow of healthy energy through the body to help promote healing and reduce stress. Please Sign-up at the front desk.

Lenten Bible Study

Mondays 9:30am

All are welcome! Come join this group to study the life of Jesus from the Gospel of John. During Lent, booklets provided. Beginning Monday, March 14th to April 11th. Please sign-up at the front desk.

City of Manchester Police

Fraud/Scam Prevention for Seniors with

Special Guest: Eddy The Comfort Pony

Thursday March 24th 11:30am

Officer Steven Duquette will be presenting on Senior Scams and Safety. The presentation will be an open discussion on real life cases and time for questions and answers. Meet Eddy, The City's Mounted Unit Comfort Pony! He is a Shetland pony and despite his small stature he is 20 years old! With his friendly demeanor and easy going attitude, Eddy is all about meeting and greeting people. Please sign-up at the front desk.

Telehealth- What is it and what can I expect?

Wednesday April 20th 11:00am

We've all heard about telehealth, especially during the recent pandemic. What is it and what can I expect if my doctor says I need telehealth? Learn about telehealth services that can be provided at home by the VNA of Manchester. For patients that may require regular monitoring of vital signs and ongoing education, telehealth is a great way to learn about taking care of yourself. Come learn about the new technologies that are helping people stay home! Sponsored by VNA of Manchester and Southern New Hampshire. Please sign-up at the front desk.

Ice Cream Social

Friday April 29th 1:00pm

FREE!

Ice cream from Ben & Jerry's Elm St. location. Provided by the Cashin Senior Center.

Please Sign-up at the front desk.

Movie Matinee

Thursday April 28th 2:00pm

\$5.00

Includes: hotdogs, soda, popcorn, and candy. Sign-up a minimum of 1 week prior to showing.

CLINICS

FREE- Blood Pressure and Quality of Life Screenings – Tuesday March 1st 9am-1pm

Blood pressure screening is important as high blood pressure usually has no symptoms. It can't be detected without being measured, and greatly increases your risk of heart disease and stroke. Rivier University Nurse Practitioner students will be offering free blood pressure screenings. There will also be an opportunity to help them learn about your emotional experience as an older adult, by taking a brief survey.

FREE - Hearing Screening

Every month Chris is here to perform FREE hearing screenings, clean your hearing aid(s), perform minor repairs and answer questions that you may have regarding hearing aids. Chris is able to get batteries for your devices at affordable prices. Check with him before

purchasing your batteries at local retailers. Stop by the front desk to make an appointment.
Sponsored by Affordable Hearing.

FREE – Balance and Pain Assessments

Tuesday April 5th 10:00am-12:00pm

Pain & Balance Assessments - Do you have physical pain or concerns about your balance? If so, stop by CPTe's Pain & Balance Assessment Session. A physical therapist from our clinic will be at the Senior Center to assess your pain and/or your balance, as well as answer any questions about injuries. We will discuss our findings, ways to reduce pain, and improve your balance and stability. Stop by the front desk to make your appointment.

Sponsored by the Center for Physical Therapy and Exercise.

Diabetic Shoe Clinic

Are you a diabetic? Did you know that one of your Medicare benefits includes a FREE pair of shoes and inserts every year? Call Leanne at 828-6762 to schedule an appointment for your fitting.

Fitness Room

Anyone interested in using our Fitness Room, please sign-up for an orientation. Unlimited use of the Fitness Room is \$5.00 a month.

Storytelling

Research has shown evidence that storytelling is an effective way of maintaining a healthy mind in old age. This fall, seniors 60+ are welcomed by The Mental Health Center of Greater Manchester and the Manchester City Library, to join a conversational group at the Senior Center on Mondays at 1:30PM, March 21 and 28, April 11 and 18, May 9 and 23, 2022. Virtual attendance is also available! For questions, call Susan Harmon at 603-624-6550 x3320 or email sharmon@manchesternh.gov

Thank you to all our volunteers here at the William B. Cashin Senior Activity Center!



The Senior Center would not be able to organize many activities, or events without the help from volunteers. Staff and members appreciate all that you do!

TRIPS

Take advantage of some of our exciting trips with New England Coach for day or overnight trips. Make sure to call the number below to reserve your spot on these trips. Make sure to tell them that you are a member of the William B. Cashin Senior Center.

Make Checks Payable to
New England Coach
17 Freetown Road
Raymond, NH 03077
603-895-3000
Toll Free: 1-866-560-1919
www.newenglandcoach.com

Please see our Travel Binder located in the parlor for current trips.

Day Trips

Monday, May 23, 2022.– Cashin Senior Center Presents: Foster's Down East Clam Bake \$114

Experience something unforgettable with us at Foster's Traditional New England Clam Bakes! Maybe it's the atmosphere which can only be described as pure, unadulterated fun. Laughter. Singing. Impromptu dancing. Or maybe it's the food. Your traditional New England clambake is served with award winning clam chowder. Steamers (soft-shell clams) bursting with flavor. Fresh veggies and tender corn on the cob. And of course the fresh Maine lobsters! Departs Market Basket on Elm Street 10:15 AM

Monday, June 13, 2022 –Friesians of the Majesty \$120

See what all the talk is about. Join us as we travel to beautiful Vermont for an entertaining afternoon with the Friesians of Majesty, an amazing choreographed musical show that displays the Friesians' skill and beauty. We will also have a tour of the Friesian's stables that will include 'mom's and 'babies'. Lunch is included at the New England House.

Monday, July 11, 2022– Portsmouth Harbor Cruise \$105

Whether discussing the birdlife of the inland waterways, the folklore of the Isles of Shoals, the ship building history of Portsmouth Harbor,

or just musing on the ever-changing tides of the Piscataqua, your captain will make this an interesting and informative cruise. Lunch will be included at Warren's.

Overnight Trips

Salute to Our Heroes

May 15th – 19th, 2022 \$1049 pp double occupancy Add \$300 for a single (5% discount for Veterans with DD214)

We are focusing on our American Heroes. All five branches of our Military will be highlighted on this tour. See where our officers are trained at the US Naval Academy at Annapolis, US Army Academy at West Point and US Coast Guard Academy in New London. We will explore the National Museum of the Marine Corps and the NEW National Museum of the United States Army. Visit the Air Force Memorial in Arlington, VA as well as visit Baltimore Harbor and Fort McHenry. Join us in saluting our heroes!

Fly Mystery

May 22nd – 26th, 2022 \$1649pp* Double Singles add \$350

Our mystery tours are known for bringing you to new places and experiencing one-of-a-kind attractions. This tour is guaranteed to fulfill those expectations. We will fill your days with unique experiences, fun adventures and we'll keep you entertained along the way. This tour is for those of you who love to have fun and love to be surprised.

Death, Destruction & Dynasties

June 5th-10th, 2022 \$1375 pp Double

Western Pennsylvania has many stories of fame and fortune but also tragedy. This tour explores both sides. We will visit Johnstown where a dam break was blamed on Andrew Carnegie and Henry Clay Frick. Here over 2000 people died one afternoon as the water rushed into their town. Shanksville, PA is forever etched into our hearts and minds as we remember those lost on 9/11. Our tour continues in Pittsburgh where the stories of Heinz, Carnegie, Mr. Rogers and Andy Warhol will be explored. We'll have you wondering why it's taken you so long to explore this area!

